

Is the glass half full or half empty? Well, I say half the glass is filled with water, while the other half is space to contain more water. Optimism is the way to go in every situation. If we recognize that troubles and challenges are potential “bright sides”, then we can not only survive, but also conquer whatever life throws at us.

Life is not easy. In school, CCA and at home, we constantly face deadlines, expectations, responsibilities and problems, and stress builds up. There are tons of bad, stressful things if we bother to count.

However, no matter how bleak the situation seems, there is always something good in it. It could be that you’re better off than someone, so what you are facing is not rock bottom, or that this trying time has revealed friends who stick with you through thick and thin.

Whatever we focus on, we magnify. Have you ever had an experience when you were slightly angry at someone, but you kept thinking over what that person did, and after a while you were furious, instead of just “slightly angry”. Similarly, by choosing to think about the positive things in our situation, the bright side becomes even brighter.

Many people have the idea that optimists are not realistic, because they ignore all their life problems. This is not true. Seeing only the good side and forgetting about the bad is called self-delusion, not optimism. Optimism is when we see, in every bad situation, the potential for something better.

Leading an uncooperative team trains our leadership skills and tolerance; being tasked with something beyond our ability pushes us to improve ourselves and achieve what we thought was impossible; having to rush out last-minute work is a lesson for us not to procrastinate. Every challenge is a chance for us to grow.

When we are positive, we can maintain a high morale. Being continually motivated helps us to face challenges, especially big projects that span over a long period of time. In this way, being optimistic is not unrealistic, but in fact helps us to deal with our problems.

If one day you pick up the rose that is life and pricked your thumb on the thorns, feel free to suck on your wound, but continue admiring the roses. In the

abundance of thorns, there are beautiful flowers to make it less gloomy – that is some thing to celebrate.

I hope you see the water in your glass, and work to fill that half a glass of empty space with more water. Make this one life a fulfilling one.

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